



Shopping List

Fruits

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Vegetables

5 carrots or 5 handfuls of baby carrots
1 stalk celery
1 onion

Cheese

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Meat/Fish

4 chicken breasts

Bread/Cereal

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Condiments/Dressings

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Baking

2 TB cooking oil
8 c flour
2 pkg yeast (4 ½ t)
2T salt
¾ c shortening
¼ c molasses
2 t baking soda
1 c sugar

Spices

1 t cloves
1 t cinnamon
1 t ginger
1 t basil

Pasta/Rice

½ of (11 oz) pkg of egg noodles

Canned Foods

4 chicken bouillon cubes
1 (10 ¾ oz) can of cream of chicken soup

Frozen

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Beverages

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Dairy

1 egg

Household

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Paper/Wraps

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Other

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